

# Group Exercise and SilverSneakers®

## January 2014

TLRC membership is NOT required to join a group exercise class; however, registration fees apply. For more information about registration or to sign up, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30 a.m.</b>		SilverSneakers® Cardio		SilverSneakers® Cardio Nia®		Boot Camp
<b>9:30 a.m.</b>	Turf Time for Toddlers SilverSneakers® Classic	SilverSneakers® Circuit	Turf Time for Toddlers SilverSneakers® Classic	SilverSneakers® Circuit		
<b>10 a.m.</b>					Yoga Core	
<b>10:30 a.m.</b>	SilverSneakers® Yoga	SilverSneakers® Classic	SilverSneakers® Yoga	SilverSneakers® Classic		ZUMBA® Gold <small>NEW!</small>
<b>5:30 p.m.</b>	Nia® ZUMBA®	Boot Camp Joyful Hoops	ZUMBA® 20/20/20 Beginning Yoga			
<b>6 p.m.</b>	Yoga	Pilates				
<b>6:30 p.m.</b>		Cardio Kickboxing		Cardio Core INSANITY®	Swing Dancing	
<b>7:30 p.m.</b>		Core Essentials	Swing Dancing	Stretch Fit		

### SPECIAL EVENTS

#### Bring a Buddy Day:

First Thursday of each month. Bring a friend to work out for FREE!



#### SilverSneakers® Lunch

January 20  
10:30 a.m.  
SilverSneakers® Yoga does not meet on this date.



#### Group Exercise Winter Session trial week

Try a class for free January 6–11. Winter session runs through March 1.



1700 W. Bloomfield Rd.  
(812) 349-3720

#### Hours:

Mon.–Fri. 5 a.m.–10 p.m.  
Sat.–Sun. 7 a.m.–10 p.m.

#### Holiday hours:

January 1: Closed  
January 20: 5 a.m.–10 p.m.



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Twin Lakes Recreation Center

**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

# Free, Ongoing Programs for Adults (ages 50 yrs. and up) January 2014

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.  
It is closed Saturday and Sunday except for reservations and scheduled activities.

Participation in these programs is free and TLRC membership is not required.  
For more information about programs and services for adults call (812) 349-3727.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 a.m.</b>	Steady Steppers		Steady Steppers		Steady Steppers
<b>9:30 a.m.</b>	Volleyball	Volleyball Lap Quilting	Volleyball	Volleyball	Volleyball
<b>10 a.m.</b>	Pickleball		Pickleball		Pickleball
<b>10:30 a.m.</b>	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
<b>11 a.m.</b>	Tai Chi Qigong		Bridge Club		
<b>noon</b>	Mahjong				Bridge Club
<b>1 p.m.</b>	Bingo		Bingo		
<b>1:30 p.m.</b>			International Folk Dance		Advanced German
<b>2 p.m.</b>	Bunco	Aerobic Exercise	Bunco		Aerobic Exercise

## SPECIAL EVENTS

### Legal Counseling

January 6 • 3 p.m.  
by Atty. Tom Bunger.  
Call 349-3727 to register.

### Birthday Celebration by Meadowood

First Wednesday of each  
month at 12:45 p.m.

### Breakfast Bash

January 30 • 8:30 a.m.  
Registration required. Call 349-3727 to register.

Sponsored by  Indiana University Health

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, or for a list of participating insurance carriers, visit the TLRC front desk.



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